

## 2Chicken&Noodles75

Number of Servings: 75 (191.45 g per serving)

Preparation Time: StartDayBefore

Cook Time:

Cook Temperature:

Pan Size:

Cook Method:

Amount	Measure	Ingredient
5 1/2	lb	Pasta, egg, enrich, dry
1 1/2	cup	Margarine, soft, safflower oil
1 1/2	cup	Onion, white, fresh, chpd
3.00	cup	Flour, all purpose, white, bleached, enrich
10.00	lb	Chicken, broiler/fryer, whole, w/o skin, stwd
8.00	oz	Base, chicken, w/o msg, low sod, FS
6 1/2	qt	Water, tap, municipal

### Nutrients per serving

Nutrition Facts	
Serving Size (191g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 300</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 22g</b>	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Cook meat in saltfree water (to form broth so it does not need to be purchased) THE DAY BEFORE, until tender. Drain off liquid and COOL meat and liquid (Broth) down separately (in ice bath) and refrigerate in shallow pans. Before using skim off and discard any fat that may have formed on the liquid.

Cook noodles in boiling water until ala dente (still slightly firm, not cooked soft).

Melt margarine in large kettle. Add onions and saute until tender. Add flour to onions. Stir until blended. Cook 5 minutes.

Add the amount of liquid (broth) from stewed chicken called for in recipe plus the low sodium chicken base, stirring constantly with wire whip.

Cook until thickened. Combine chicken, cooked noodles and sauce. Pour into counter pan(s). Bake at 350 degrees F for 30 minutes or until internal temperature reaches 180 degrees F.

1+ c. = 1 serving = 2+ oz meat + 2 grain servings

Serve 1+ cup with slightly rounded 8 oz ladle

29 g CHO = 2 Carb Servings

### Notes

~2# AP (raw) whole chicken = ~1# cooked stewed, cooked chicken without skin, fat and bones

1# cooked chicken cubed = ~ 3 cups

Simmer chicken in saltfree water (to form broth so it doesn't need to be purchased), THE DAY BEFORE, until tender.

Drain off liquid (Broth) and COOL meat and liquid separately (in ice bath) and refrigerate in shallow pans. Before using skim off and discard any fat that may have formed on the Broth.